A simple guide to the nine essential items to help you better respond in the event of an emergency:

1. **Water**
   - Bottled water: One gallon per person per day for drinking and sanitation.
   - Keep the water in a cool, dark place and change it every six months.

2. **Food**
   - Non-perishable food: A supply of at least 2,000 calories per person per day.
     - Ready-to-eat canned foods, dried milk, and rice
     - Canned and preserved foods
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3. **Clothes**
   - Garment worn for clothes: One garment for each person.
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4. **Medications**
   - Collect three days worth of any prescription medication you're taking.
     - Be sure to note the expirations date on the label and don't keep them past their date.

5. **Flashlight**
   - Keep a backup flashlight in case there's no electricity power.
     - Consider buying a battery-operated flashlight.
     - Consider using a battery-operated flashlight.

6. **Can Opener**
   - Make sure you have a can opener in case there's no electricity power.
     - Consider buying a multi-tool with a can opener.
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7. **Radio**
   - A battery-powered radio or battery-powered radio.
     - Consider buying a battery-powered radio.
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8. **Hygiene Items**
   - Just the basics: File, soap, toothbrush, and a toothpaste.
     - Must-have items can be useful for quick sanitation.

9. **First Aid**
   - Better pack an assortment of disposable gloves, hand sanitizers, and non-prescription medicines.
     - Be sure to pack a supply of first aid kit chemicals or any non-prescription medicines.
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